



LEVEL THREE TEACHER TRAINING

*A Journey of Self-Realization
and Self Mastery*

The Aquarian Teacher



LEVEL THREE

A Journey of Self-Realization and Self Mastery

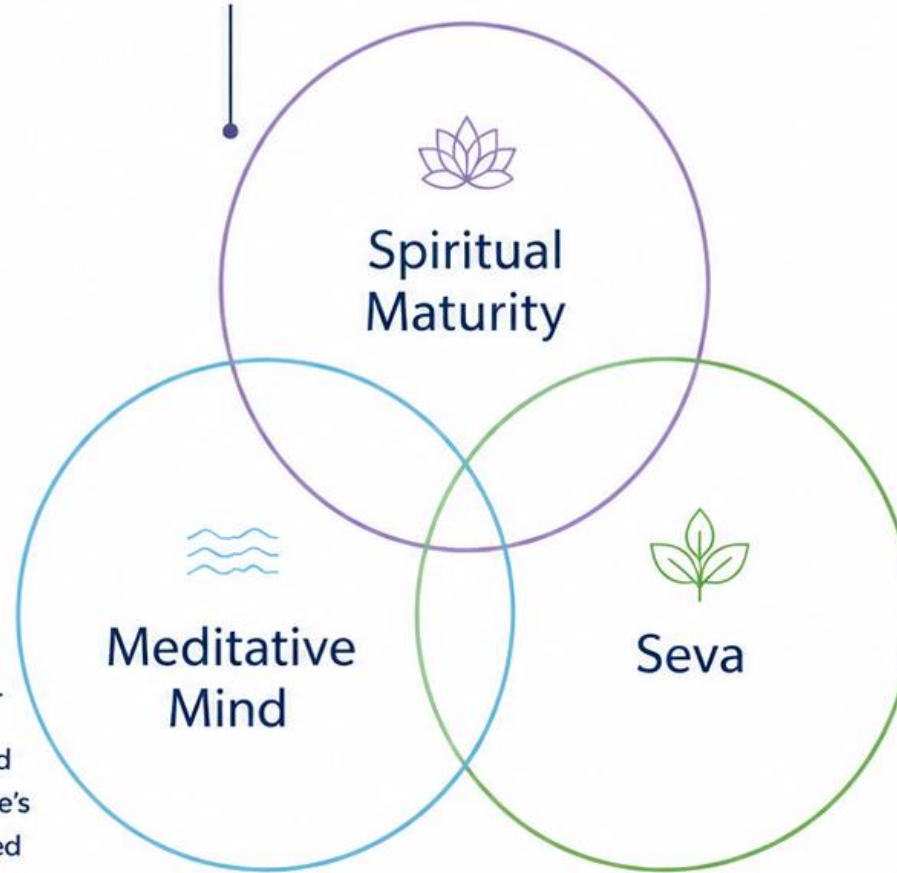
A 1000-day journey of reflection on what it means to be a Teacher in the Aquarian Age.

The three pillars that Yogi Bhajan left for this journey are:

Refining our authentic identity as Teachers through experience, reflection, practice, and community.

The goal of Meditative Mind is to cultivate and refine one's meditative mind, as achieved through focused application of specific Kundalini Yoga and Meditation practices.

The goal of Spiritual Maturity is to develop an authentic and fully integrated presence as Teacher, achieved through self-reflection, spiritual lifestyle practices and peer dialogue support.



The goal of Seva is to deepen an ongoing attitude of Seva, or Selfless Service. To align individual passion, purpose and destiny to build and serve community.

Why Was Level Three Created?

Level Three emerged from Yogi Bhajan's vision of a three-level Aquarian Teacher Training program:



FOUNDATIONS

Level 1



TRANSFORMATION

Level 2
comprised of
5 modules



REALIZATION

Level 3

Level Three was designed to support the evolution from:

Learning the teachings



Becoming the teachings

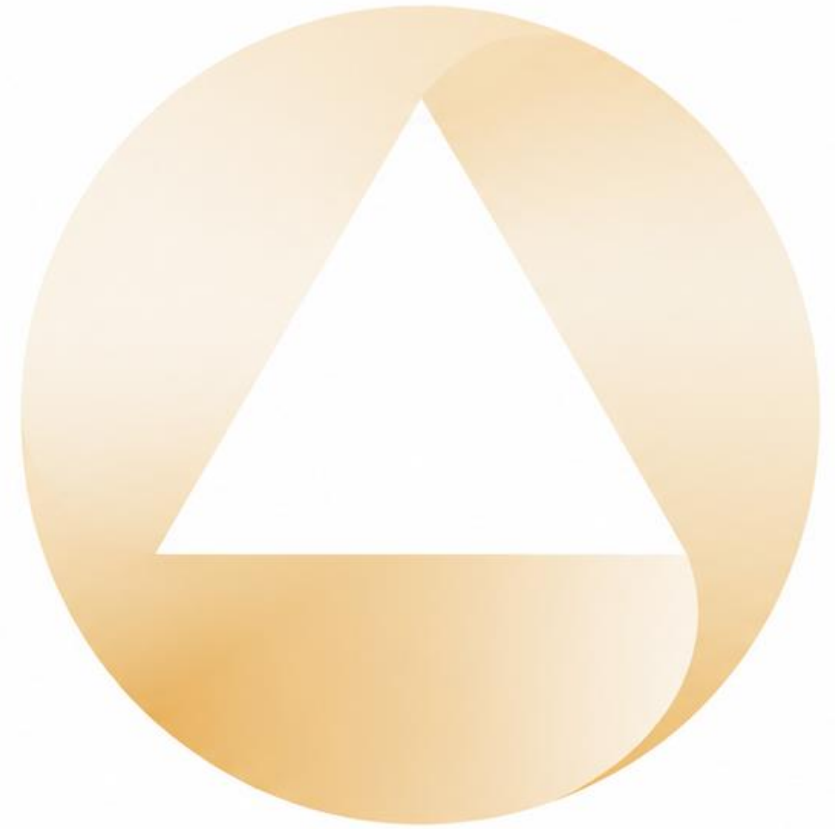
What is Level Three?

Level Three is the third and final stage of The Aquarian Teacher™ training pathway.

It is:

- ❖ A **self-directed** and **peer-supported** journey
- ❖ A long-term process of **integration** and **embodiment**
- ❖ A path of **deepening** one's **identity as a Teacher**
- ❖ A commitment to **living the teachings**,
not only teaching them

“Level Three challenges you to live the life you were meant to live.”



What Makes Level Three Different?

*Level Three is not “more content.”
It is a different paradigm.*

Unlike Level One and Two:



There is NO Lead Trainer directing the process



The journey is **self-initiated**



Peers become **mirrors**, support, and accountability



Growth happens through **dialogue**,
practice, **seva**, and **reflection**

The process is experiential, relational, and deeply personal.



The Heart of Level Three

Three Core Qualities



Spiritual Maturity

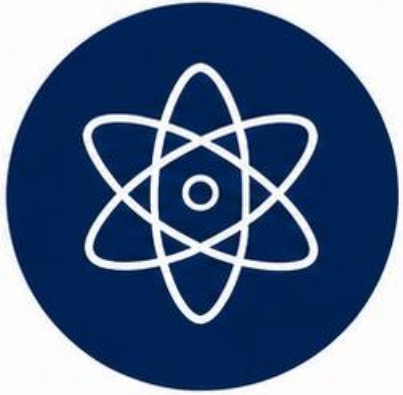
Developing presence, wisdom, compassion, and conscious relationships.

A major component of this process is **Peer Dialogue**.



The Heart of Level Three

Three Core Qualities



Meditative Mind

Cultivating clarity, neutrality, intuition, and deep practice.

This includes:

- A 1000-day meditation journey
- Intensive meditation experiences such as 21 Stages or White Tantric Yoga





Seva

Aligning purpose, destiny, and service to uplift others.

It is:

- Living in service
- Aligning with one's soul purpose
- Uplifting community
- Creating meaningful contribution

Participants complete a
Seva / Legacy Project that
reflects their passion and destiny.



All held together through:

ISHT

Your sacred relationship
to the Infinite.



The Peer Group Process

One of the most unique aspects of Level Three.

Participants are placed into small Peer Groups that:



Meet regularly throughout the 1000 days



Support and challenge one another



Practice conscious dialogue



Reflect growth and accountability



Witness one another's journey

The Peer Group is the heart of the Level Three process.



What is a Mela?

“Mela” means gathering or festival.

The Mela is the annual Level Three experience where participants:

- Gather in person
- Practice together
- Engage in dialogue
- Explore the Level Three qualities
- Present Seva projects
- Welcome new participants
- Strengthen community across cohorts



A Mela is not only an event.
It is a living field of shared consciousness.

What is Level Three For?

Level Three is for teachers who have completed **Level Two** and feel called to a deeper journey of realization through practice, peerhood, and service.



Deeper embodiment



Inner refinement



Service



Peerhood



Leadership through presence



Long-term spiritual growth



This is not about status or achievement.

It is about readiness for a deeper relationship with the teachings, with oneself, and with others.



Eligibility Requirements

Applicants must have:

- ✓ Level One Certification
- ✓ Completion of all five Level Two modules
- ✓ Minimum 500 teaching hours
- ✓ Alignment with KRI Code of Ethics

In addition:

- ✓ Personal practice requirements
- ✓ Community service experience
- ✓ Reflection process and references



Who Must Join Level Three

Trainers looking to become Leads – You need to be in Level Three in order to apply for your Lead Practicum.

How the Process Works

Application Includes:



Application form



Personal reflection questions



Letters of reflection



Application fee

During the Journey:



Attend 3 Melas minimum
(each one has its own registration fee and
it may vary if it is online or in person)



Participate in Peer Group meetings



Maintain meditation practice



Develop Seva / Legacy Project



Engage in self-reflection and integration

Certification

Level Three is self-reflective and peer-supported.

Certification is based on:

- ✓ Completion of requirements
- ✓ Peer recognition
- ✓ Peer Group sign-off
- ✓ Demonstrated integration of the qualities
- ✓ Minimum 1,000 days and 3 Melas



The process is less about “passing” and more about living the journey authentically.



Upcoming Mela Opportunities



Hybrid



China Mela

 October 30 –
November 1, 2026

Online



Global English

 November 6 – 8, 2026

In Person



South East Asia Mela

 In Person in Sri Lanka
October 30 –
November 3, 2026

In Person



Germany Mela

 Germany – Nov 20 –
Nov 22, 2026
In Person
(details to come)

Online



Spanish/Portuguese Online Mela

 April 16 – 18, 2027

 Online



More information and registration available on the KRI website.

How to Stay Connected



Inderjot Kaur



Clara Massote



Applications & Information:

→ [KRI Level Three Information Page](#)



Contact:



Inderjot Kaur



Clara Massote



levelthree@kriteachings.org



Invite others who may be ready for the **journey**.

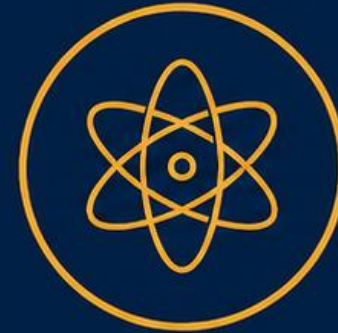


A Journey.

A Community.

A Commitment.

A Realization.



*“Level Three is not the end of training.
It is the beginning of living the teachings
as identity.”*